

The C.O.R.E. Confidence Program

Personalized Executive Function Coaching
for ADHD & Neurodiverse Teens



Cornell University.



COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK

THE C.O.R.E. CONFIDENCE METHOD



CLARIFY
YOUR DIRECTION



ORGANIZE
FOR SUCCESS



REFINE
YOUR HABITS



ELEVATE
YOUR MINDSET

STUDENT-FIRST, RELATIONSHIP- DRIVEN COACHING FOR NEURODIVERSE TEENS

Personalized and strategic—
Built for long-term growth.

What Sets Us Apart

EF & ADHD Expertise

We get how executive functioning impacts life—and we coach students to thrive in and beyond school.

Proactive Planning

Skills to manage time—not just react to missed work.

Personalized Tools

Custom strategies that fit each brain.

Respectful Coaching

Support without shame or micromanagement.

Real-World Skills

Focus, mindset, and follow-through.

Systems That Stick

Built to last—even when motivation dips.

NOT JUST TUTORING. REAL COACHING THAT TRANSFORMS

A premium coaching
experience tailored to
support executive function
—because your teen is
worth it.

**LIMITED SPOTS.
LASTING RESULTS.**



**SCHEDULE YOUR
STUDENT SUCCESS
CALL**